

ABSTRACT

A method for producing cubic boron nitride in which hBN is held in the presence of a catalyst substance under conditions in which cBN remains thermodynamically stable, to thereby cause hBN to undergo a phase transition to form cBN, wherein the catalyst substance contains a lithium source, a magnesium source, and a carbon source. The performance of cBN is improved even though phase transition ratio from hBN to cBN is increased.